

# take control of your health and your life

Get Tested for HIV

## Youth and HIV/AIDS

There are more than 1 million people in the United States living with HIV. One-fourth of them do not know that they are HIV-infected. Could you be one of them? The only way to know if you have HIV is to get tested.

HIV is the virus that causes AIDS, and it is affecting thousands of youth ages 13 to 24.

- ▶ In 2005, an estimated 5,172 young people ages 13 to 24 were diagnosed with HIV or AIDS, representing about 14 percent of the persons diagnosed that year.
- ▶ African American young people are disproportionately affected by HIV. From 2001–2005, in the 33 states with long-term, confidential name-based HIV reporting, African Americans accounted for 60 percent of HIV diagnoses in people ages 13–24.
- ▶ The presence of a sexually transmitted disease (STD) greatly increases a person's likelihood of acquiring or transmitting HIV. Some of the highest STD rates in the country are those among young people, especially young people of minority races and ethnicities.

### Know Your Status. Get Tested for HIV.

If you do not know if you are infected with HIV, you could be spreading it to others. If you are HIV-positive, you must take steps to prevent passing your HIV infection to another person.

If you find out that you have HIV, it does not mean that you are going to get sick and die. While there is no cure for HIV, new drugs are available that can help you stay healthy and decrease the amount of HIV virus in your body.

### What Is the HIV Test?

The HIV test detects whether or not you have been exposed to the HIV virus. There are several different kinds of tests: Blood tests, urine tests, and an oral (mouth) test. Only a very small amount of blood is needed for the blood tests.

HIV tests can take a few days to 2 weeks for results, or with rapid HIV tests you can get results in about 20 minutes.

### Where Can I Get Tested?

Free and confidential or anonymous HIV tests are available. To find an HIV testing site near you, visit [www.hivtest.org](http://www.hivtest.org).

Or, call:

1-800-CDC-INFO (1-800-232-4636)

TTY: 1-888-232-6348

In English, en Español

Open 24 hours a day — Confidential

### What Else Can I Do?

You have the power to help stop the spread of HIV.

- ▶ **Be safe.** The best way to prevent HIV is to abstain from having sex. If you do have sex, use a new latex condom every time. Do not share needles or syringes.
- ▶ **Talk about it.** Talk about sex and HIV with your partners and peers. Ask classmates about HIV testing. Find out when partners or potential partners were last tested for HIV and what their status was. Be clear that you will be having safer sex...or none at all.
- ▶ **Talk to Your Doctor.** If you are sexually active, you should get tested for HIV.

For more  
information  
about HIV  
and AIDS, visit:  
[www.aids.gov](http://www.aids.gov).



**NATIONAL  
HIV TESTING  
MOBILIZATION  
CAMPAIGN**



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES